Growing your learning agility—worksheet

1. Planning the stretching event

Experience—seek out a challenging experience and immerse yourself in it

What will push you beyond what you already know how to do

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What task seems undoable?

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Where are there significant obstacles that need to be overcome?

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2. During the stretching event

Observe—stay mindful as you notice how the situation unfolds

What history or background information could be helpful?

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Who are the players involved?

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What is the desired outcome?

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3. When you have completed the stretching event:

Reflect—take the time to make sense of the experience

Why did you choose to approach the situation the way you did?

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________________________________________________________________________

What felt most challenging? Why?

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________________________________________________________________________

What did you find surprising? Why?

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________________________________________________________________________
Distill—extract insight, wisdom, rules of thumb, or guiding principles from the experience

What would you do differently next time?

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___________________________________________________________________________

What meaning do you attribute to the experience?

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___________________________________________________________________________

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How would you coach someone going through a similar experience?

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___________________________________________________________________________

___________________________________________________________________________
Apply—find ways to use those lessons in other situations

What lessons equip you for taking on bigger challenges?

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How do the lessons you learned reframe how you think about or approach new experiences?

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What are some of the underlying similarities in the new situations you encounter?

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Adapted from